

PROGRAM COVID-19 Close Contact Quarantine Calculation Tool for Attendee & Staff Contacts

CONTACT (Attendee/Staff Name): _____ **DOB** __/__/____ **Group/Class** _____
Address: _____ **TOWN** _____
Phone: _____ **Guardian Name (& Phone if different):** _____

Use the following tool to calculate quarantine period options if an attendee or staff member was exposed while in the program and must now quarantine.

- **Last Date in Program Facility:** __/__/____ **Exposure Date(s):** _____
- **Contact/Guardian has been notified** YES NO
 - **Notification Date:** __/__/____ **Notified By:** Phone Email Letter Other _____
 - What is the Quarantine Plan for This Exposed Contact?
 - Negative Test, No Symptoms, & 7 Day Option
 - No Symptoms & 10 Day Option (Test-Free)
 - 14 Day Standard Quarantine (required if any symptoms are experienced)
 - **Contact May Return to Program Beginning This Date (use tool below if needed):** __/__/____

Calculate Quarantine Key Dates (Example):

Final Exposure					Can Obtain Test			Can Return to Program with No Symptoms and with a Negative Test Result			Can Return to Program with No Symptoms (no test required)				Return to Activities
Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15
1/4	1/5	1/6	1/7	1/8	1/9	1/10	1/11	1/12	1/13	1/14	1/15	1/16	1/17	1/18	1/19

Calculate Quarantine Key Dates for Current Contact (Attendee/Staff Member):

Final Exposure					Can Obtain Test			Can Return to Program with No Symptoms and with a Negative Test Result			Can Return to Program with No Symptoms (no test required)				Return to Activities
Day 0	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14	Day 15

Final Exposure to confirmed case is Day 0 = __/__/____

<p>Negative Test, No Symptoms, & 7 Day Strict Quarantine Option:</p> <ul style="list-style-type: none"> • May obtain a test beginning Day 5 = __/__/____ • If no symptoms develop & appropriately timed negative test result is received, <u>may exit Strict Quarantine beginning Day 8</u> = __/__/____ <p>Active Self-Monitoring is Day 8 = __/__/____ through Day 14 = __/__/____</p>	<p>No Symptoms & 10 Day Strict Quarantine Option (Test-Free):</p> <ul style="list-style-type: none"> • If no symptoms, <u>may exit Strict Quarantine beginning Day 11</u> = __/__/____ <p>Active Self-Monitoring is Day 11 = __/__/____ through Day 14 = __/__/____</p>
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Standard 14 Day Quarantine is Day 1 = __/__/____ through Day 14 = __/__/____, Returning to Activities Day 15 = __/__/____,

<p>Quarantine Follow-up Notes:</p> <p>Did Contact Develop Any Symptoms During Quarantine Period? <input type="checkbox"/> YES Onset Date: __/__/____ <input type="checkbox"/> NO <input type="checkbox"/> Unk</p> <p>Was Contact Tested? <input type="checkbox"/> YES <input type="checkbox"/> NO <input type="checkbox"/> Unk Test Date __/__/____ Results Date __/__/____ (Positive/Negative) circle one</p>

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Quarantine Calculation Instructions:

The above tool may be helpful in calculating estimated quarantine options for known exposures that have occurred in your program, although please note this is only an estimation tool. If an individual is identified as a close contact of a COVID-19 positive individual, they must quarantine until they are released by a public health authority (either the Local Board of Health or the Community Tracing Collaborative). A public health authority makes the final determination on quarantine.

There are three different options for quarantine, based upon different criteria (if the contact seeks a test, and if the contact remains symptom-free throughout the full 14 days).

Strict Quarantine means the contact must remain at home and cannot attend the Program or be out in the community. **Active Monitoring** means the contact may return to the Program and the community but must actively monitor themselves at home by taking a temperature daily and looking for any possible symptoms (even cold symptoms). If any symptoms are experienced during the active monitoring period, the contact must return to Strict Quarantine and be tested.

In general, a close contact will need to quarantine for:

OPTIONS	CRITERIA
7 Days of Strict Quarantine	<p><u>Can Return on Day 8 after last exposure IF:</u></p> <ul style="list-style-type: none"> • A test taken on Day 5 or later is negative; AND • The individual has not experienced any symptoms; AND • The individual conducts active monitoring through Day 14
10 Days of Strict Quarantine	<p><u>Can Return on Day 11 after last exposure IF:</u></p> <ul style="list-style-type: none"> • The individual has not experienced any symptoms; AND • The individual conducts active monitoring through Day 14. • No test is necessary under this option
14 Days of Strict Quarantine	<p><u>Can Return on Day 15 after last exposure IF:</u></p> <ul style="list-style-type: none"> • The individual has experienced <u>ANY symptoms</u> during the quarantine period EVEN if they have a negative COVID-19 test; OR • The individual indicates they are unwilling or unable to conduct active monitoring.

This quarantine calculation tool is most helpful for exposures that occur in your program and for which the exact exposure date is known. If an attendee or staff member is exposed by a case in the community or within their own household, quarantine period estimations may be more complicated. In all situations, close contacts should quarantine based upon guidance from a public health authority, and this document is only meant to provide an estimation.

Notes on Household Exposures:

For determining ANY quarantine period, you must determine the contact’s last exposure to the infectious person. That is Day Zero. For Household Members who cannot completely separate, (children, spouse, roommates, etc.), they are “in quarantine” while continuously exposed to the case.

- However, their **FINAL 14 Day Countdown of Quarantine** does not begin until they are no longer being continuously exposed.
- In other words, their **final 14 day Quarantine begins after their LAST/Final exposure to someone infectious.**
 - **If the CONTACT cannot separate from the CASE**, then the Case must stop being infectious (be released from isolation). A case’s final infectious day will determine the contact’s final exposure date.
 - Index case’s last day in Isolation (Day 10) = Day 0 (Final Exposure) for counting out the contact’s quarantine.